

# MANCHESTER AND DISTRICT IYENGAR YOGA: TIMETABLE 1 – 28 FEBRUARY 2021

## ONLINE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TEACHERS</b> 12:45 - 14:45 Julie Brown	<b>GENERAL</b> 12:30 - 13:45 Nicky Wright	<b>INTERMEDIATE</b> 9:45 - 11:45 Jill Johnson	<b>GENERAL</b> 08:45 - 10:15 Alison Wright	<b>GENERAL</b> 10:00 - 11:30 Julie Howarth/Sarah Barber	<b>CHILDREN'S</b> 10:00 - 10:45 Various teachers
<b>BEGINNERS</b> 18:00 - 19:30 Debbie Wilkinson	<b>GENERAL</b> 19:00 - 20:30 Rita Mori	<b>BEGINNERS</b> 17:30 - 19:00 Kim Skinner	<b>INTRODUCTION TO IYENGAR YOGA</b> 19:00 - 20:30 Vanita Mistry	<b>TEACHERS</b> 12:30 - 14:30 Various teachers	
<b>INTERMEDIATE</b> 19:00 - 21:00 Debbie Bartholomew		<b>GENERAL</b> 19:15 - 20:45 Julie Howarth		<b>RECUPERATIVE *</b> 18:00 - 19:00 Joan Abrams / Kim Skinner	

	Members	Non-members
Teachers - Monday	£9.00	-
Teachers - Friday	£10.00	-
Introduction to Iyengar yoga	£6.50	£6.50
Online (1 - 1.25 hours)	£5.00	-
Online (1.5 hours)	£6.00	-
Online Intermediate (2 hours)	£8.00	-
Children's	-	-

**Please Note:** Classes must be booked in advance at [www.manchesteryogayoga.org.uk/list-of-classes/](http://www.manchesteryogayoga.org.uk/list-of-classes/)

All online classes are for MDIY members only, except the Introduction to Iyengar yoga class.

The teacher will send you the Zoom link in advance of the class – if you haven't received this, please check whether you have actually booked! The teacher's phone number can be found on the class details page if you haven't received the link 15 minutes before class begins

\* **Recuperative Class** runs twice monthly, on the second & fourth Friday of the month

